Creamy chicken and mushroom skillet

- 1 ½ lb Boneless, Skinless Chicken
- 1 Tbsp Olive Oil
- ¼ cup Butter, divided
- Salt & Black Pepper
- 1 Shallot, thinly sliced
- 6 cloves Garlic, chopped
- 8 oz Mushrooms capped and sliced
- 1 Tbsp All-Purpose Flour
- 1 cup Chicken Broth
- 1 cup Milk
- Cooked White Rice for serving
- Minced Fresh Parsley for garnish

Instructions

1. Heat butter and olive oil in a large skillet over medium heat.
2. Season the chicken with salt and pepper and place in the skillet to sear on one side for about 5-6 minutes, depending on thickness.
3. Flip and sear the other side for about 5 minutes, until they are golden brown on both sides. Remove the chicken from the skillet and set aside.
4. Into the same skillet, add more butter. Once melted, add the shallot and sauté for 2 minutes.
5. Add the mushrooms, sauté for 3 more minutes, until darkened and shriveled.
6. Now, add the garlic and sauté for 1 more minute, until fragrant.
7. Add the remaining butter along with the flour and stir it in the pan with a wooden spoon. Slowly add the broth and then the milk, letting it bubble up and simmer for a few minutes.
8. Add the chicken back to the pan for 5 more minutes on low heat. Taste the sauce and season with salt and pepper, as desired.
9. Serve over rice and garnish with fresh parsley

Nutrition Facts

Servings: 4

Amount per serving	
Calories	**799**
	% Daily Value*
Total Fat 33.6g	**43%**
Saturated Fat 7.9g	**39%**
Cholesterol 49mg	**16%**
Sodium 201mg	**9%**
Total Carbohydrate 100.8g	**37%**
Dietary Fiber 6.2g	**22%**
Total Sugars 6.2g	
Protein 33g	
Vitamin D 724mcg	3618%
Calcium 329mg	25%
Iron 11mg	63%
Potassium 1505mg	32%